



Book on Life

Life answers that everyone is looking for

Rev. 4

*"When the fight begins within himself,
a man's worth something." - Robert Browning*

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PREFACE

None of the knowledge is mine. What I have learnt is from others. You will find such similar ideas in many books. But I wanted a book that is precise, simple to understand, makes sense and is freely available to anyone. **A straight to the point book.** This is the effort of many years, boiled, purified and refined to the very basic principles.

There are too many people to thank for, far too many to even list them down in this book.

But I would like to thank the greatest teacher of all : my mistakes.

Everything that I have learnt over the years were from my own mistakes and failures.

What is written in the following pages **is more important** than who has written it.

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***"Remember -- all I am offering is the truth, nothing more." - Morpheus
(The Matrix)***

Chapter 1 : INRODUCTION

I wrote this book to be a guide to others in the journey of life.

Its just a guideline to be understood and followed. Some things might not make sense immediately or the interpretation of the reader might be different but the basic principles remain the same no matter what.

I suggest readers to follow this journey a small part at a time. What I am about to present here is extremely difficult and cannot be done within a day or a month or a year. It will take years of effort and sacrifice.

What lies at the end of this journey will become more clear as you progress down this path.

I hope you make good use of this knowledge and distribute it to others in need.

Chapter 2 : WORK

"Work without attachment to the work & to the fruits of your work."

Do not seek or ask for the fruits of your effort. Work as it is your duty to do it. Do what you must.

Ask yourself everyday - "If I didn't get paid to do this, will I still be doing this ? Do I really, really want to do this ? Does this work bring any happiness or joy to me or to others involved ? Does this work bring any real value to me in the long term ? Is this work worth doing ?"

Do not seek what you can get out of it, rather how much can you give.

It is in giving that one receives peace.

Do not try to control, or to win or to hoard.

Do it because you really, really want to do it.

A man who seeks the fruits of his effort is forever caught in the trap of delusion, wanting and desires.

- A man should not care who gets the credits for it.
- A man should not care what money he will get for it in return.
- A man should not care what he gains out of it.
- A man should not care how big or small the job is.

A man who gives up his own personal desires and thinks about the greater good, will always enjoy his work.

A man must work for the benefit of others and the society. He must use his skills for betterment of the society rather than to just serve himself or just to make himself rich, famous or powerful.

Everyone born in this world, have been given a specific purpose. It is a man's duty to find that out and complete it in the best possible way. He has also been given skills that will assist him the completion of his duty. By getting caught in the trap of desires he forgets his real duties towards the society.

It is far better to fail in your own duty, than to do others duty.

(Note : This chapter is from Bhagavad Gita, Karma Yoga)

Chapter 3 : DESIRE

"Desire is the root cause of man's suffering." - Buddha

When a desire arises, a man becomes attached to it.

If he gets it, he feels happy, then he wants more. If he does not get it, he feels sad and blames others for it.

Its a endless cycle.

Once a man has a high paying job, he wants a bigger house, then a car, then good clothes, then new furniture to match the status of his life, then more money is needed, then he wants to join club houses, then he wants another house, then some more money, then more...the never ending cycle.

Once a man gets trapped in the cycle of desires and wanting then is no peace for him. He loses his sleep and patience, running after one thing or another all his life.

A man who is free of all **personal desires and wants** is a happy man.

"You have a class of young strong men and women, and they want to give their lives to something. Advertising has these people chasing cars and clothes they don't need. Generations have been working in jobs they hate, just so they can buy what they don't really need." - Chuck Palahniuk (Fight Club)

Chapter 4 : OTHERS

A man does not want anything more. ***The only reason he wants more and more is because others are having it.***

He is always engaged in comparison with others.

- I have so much money, that person has so much more.
- I look like this, that person is better looking than me.
- I have few friends, that person is so lucky since he has more wealthy and influential friends.
- I have a smaller houses, that person has a bigger and a better house.
- I have such clothes, that person is better dressed than me.
- I am not educated or intelligent like others, that person is better educated and intelligent than me.
- My father is poor, that person's father is more famous and rich.
- That other person is so much smarter than me.
- That other person is so much better than me.
- That other person has so many friends.
- That other person is more famous than me.
- That other person has something that I dont have...

And so on and on it goes forever. Never satisfied with what he has or what he is, a man sees others having more than him or are better than him, he wants more and more.

This he keeps doing everyday. In the reality he does not want a bigger house, cars, etc but since someone else has it, he too wants to have it.

This leads to greed, jealousy and envy.

Although he says nice words to others, but in his heart he does not like others who are better than him.

He only feels better when he is at the top. No one else is above him in any way. As soon as someone has 0.001% more than he has - he does not like it.

This leads to meaningless competition and a race to win.

He who is content with himself is at peace.

Chapter 5 : DARK JUNGLE OF LIFE

Life is like a dark jungle and below are the enemies of a man that he is going to meet in his journey which he must conquer on his own.

- Greed
- Anger
- Lust
- Egotism
- Falsehood
- Deception
- Lying
- Stealing
- Dishonesty
- Cheating
- Cruelty
- Killing
- Pride
- Arrogance
- Conceit
- Vanity
- Jealousy
- Envy
- Sloth
- Impatience
- Indecision
- Selfishness
- Intolerance
- Revenge
- Hate
- Wrath
- Gluttony
- Idleness
- Attachment

There are more, its not possible to list all of them here, but I have listed the major ones.

Where even one of the above enemy is present, others are bound to be found. There are extremely difficult to locate and remove since they are **hidden within the man himself**. They are like termites that eat up a man from inside. It takes a man away from his **true duties** and leads him to a false materialistic life - which always ends up in disaster.

A man who's mind is filled with such impurities is always agitated and unhappy.

Every man must cross this dark jungle of life on his own. No one can help him in this process.

A man must take a through note of himself at end of every month to see which one of these enemies is still present. Below is a rough description of each one of them to assist him in this process. A man must read this very carefully.

Greed

- Greed is the selfish desire for or pursuit of money, wealth, power, food, or other possessions, especially when this denies the same goods to others.
- An excessive desire to acquire or possess more than what one needs or deserves, especially with respect to material wealth.
- A selfish and excessive desire for more of something (as money) than is needed.

Anger

- Anger is an emotional state that may range from minor irritation to intense rage.

Lust

- Lust is any intense desire or craving for gratification and excitement.
- Intense or unrestrained sexual craving.
- To have an intense or obsessive desire, especially one that is sexual.

Egotism

- The tendency to speak or write of oneself excessively and boastfully.
- An inflated or exaggerated sense of one's own importance.
- The practice of thought, speech, and conduct expressing high self-regard or self-exaltation, usually without skepticism or humility.
- The practice of talking about oneself too much.
- Egotism is the motivation to maintain and enhance favorable views of self. Egotism means placing oneself at the center of one's world with no direct concern for others.

Falsehood

- An untrue statement; a lie.
- The practice of lying.
- Absence of truth or accuracy.

Deception

- Deception is the act of convincing another to believe information that is not true, or not the whole truth as in certain types of half-truths.
- Deception involves concepts like propaganda, distraction and/or concealment.
- Tricking others for own personal gain.

Lying

- To present false information with the intention of deceiving.
- To convey a false image or impression.

Stealing or Theft

- Theft is the illegal taking of another person's property without that person's freely-given consent.

Dishonesty

- Lack of honesty or integrity.
- As the act or to act without honesty; a lack of probity, to cheat, lying or being deliberately deceptive; lacking in integrity; to be knavish, perfidious, corrupt or treacherous; charlatanism or quackery.

Cheating

- To deceive by trickery; swindle.
- To deprive by trickery; defraud.
- To mislead; fool.
- To act dishonestly; practice fraud.
- To violate rules deliberately.
- Cheating is an act of lying, deception, fraud, trickery, imposture, or imposition. Cheating characteristically is employed to create an unfair advantage, usually in one's own interest, and often at the expense of others. Cheating implies the breaking of rules.

Cruelty

- Something, such as a cruel act or remark, that causes pain or suffering.
- Cruelty can be described as indifference to suffering, and even positive pleasure in inflicting it.

Killing

- To kill, killing or to have killed means to cause the death of a living organism.

- To deprive one of life.

Pride

- Pride is a lofty view of one's self or one's own.
- Inordinate self-esteem.
- Delight or elation arising from some act, possession, or relationship.

Conceit

- A favorable and especially unduly high opinion of one's own abilities or worth.

Arrogance

- An attitude of superiority manifested in an overbearing manner or in presumptuous claims or assumptions.
- Excessive pride.

Vanity

- Excessive or inflated pride in one's appearance or accomplishments.
- Excessive belief in one's own abilities or attractiveness to others.
- Seeking admiration for one's looks or achievements

Jealousy

- Jealousy typically refers to the thoughts, feelings, and behaviors that occur when a person believes a valued relationship is being threatened by a rival. This rival may or may not know that he or she is perceived as a threat.
- Intolerant of rivalry or unfaithfulness.
- Disposed to suspect rivalry or unfaithfulness.
- Hostile toward a rival or one believed to enjoy an advantage.

Envy

- A feeling of discontent and resentment aroused by and in conjunction with desire for the possessions or qualities of another.
- Painful or resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage.
- Envy may be defined as an emotion that "occurs when a person lacks another's superior quality, achievement, or possession and either desires it or wishes that the other lacked it."

Sloth

- Aversion to work or exertion; laziness; indolence.
- Disinclination to action or labor.

Impatience

- Restless or short of temper especially under irritation, delay, or opposition.
- Eagerly desirous.

Selfishness

- Concerned chiefly or only with oneself.
- Seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others.
- Selfishness denotes the precedence given in thought or deed to the self, i.e., self interest or self concern. It is the act of placing one's own needs or desires above the needs or desires of others.
- Arising from concern with one's own welfare or advantage in disregard of others.

Intolerance

- Not tolerant; close-minded about new or different ideas. indisposed to tolerate contrary opinions or beliefs; impatient of dissent or opposition; denying or refusing the right of private opinion or choice in others; inclined to persecute or suppress dissent.

Revenge

- The act of taking vengeance for injuries or wrongs; retaliation.
- To inflict punishment in return for injury or insult.
- Revenge (also vengeance, retribution, or vendetta amongst others) consists primarily of retaliation against a person or group in response to a real or perceived wrongdoing.

Hate

- Hatred or hate is a word that describes intense feelings of dislike. It can be used in a wide variety of contexts, from hatred of inanimate objects to hatred of other people.

Wrath

- Described as inordinate and uncontrolled feelings of hatred and anger.

Gluttony

- Over-indulgence and over-consumption of food, drink, or intoxicants to the point of waste.
- Excess in eating or drinking.
- Greedy or excessive indulgence.

Idleness

- Idleness means the act of doing nothing or no work.
- A person who spends his days doing nothing of relative importance.

Attachment

- Exaggerated not wanting to be separated from someone or something.
- Attachment to people, places, things, wealth, status, etc.

"You underestimate the power of the dark side." – Darth Vader (Star Wars)

"Once you start down the dark path, forever will it dominate your destiny, consume you it will." – Yoda (Star Wars)

Chapter 6 : SENSE ORGANS

There are 5 sense organs :

- Sight (eyes)
- Touch (skin)
- Hearing (ears)
- Taste (tongue)
- Smell (nose)

A man must learn to control the sense organs. He must make himself the master of his senses.

Below are few examples that show how a man's sense organs go out of control :

- If a man see something pleasurable, then a desire to own it arises.
- If a man smells something delicious, his mouth starts watering and a desire to eat it arises.
- If a man taste a delicious dish, he wants more again and again.
- If a man hears a nice melody, he feels better for some time.
- If a man comes in contact with a pleasurable item, he wants more of it.

Sense organs blind a man to reality. ***A man becomes a slave to his senses. Senses are very strong and hard to control.*** They are like wild horses running after one thing or another.

A man must be self restrain in food, speech, spending, sleep and all other forms of enjoyments. Taking only what he must, and giving back all he can.

A stead and resolute determination is required.

(Note : This chapter is from Bhagavad Gita)

"Controlling sense organs by force is not ample...but all desires have to be purged from the mind..." - Mahatma Gandhi

Chapter 7 : REAL NEEDS AND WANTS

What does a man and his family need for survival in this world ?

- Food to eat
- Place to live
- Clothes to wear
- Education
- Tools to do his job

But what does a man want ?

- Expensive clothes
- Club memberships
- A huge house
- Lots of expensive cars
- Expensive Holidays
- A highly successful business
- Huge lands to own
- Gardens, Farm houses, etc
- Almost Everything !

A man's wants have gone way beyond his real needs. His daily expenses keep rising everyday. He keeps buying things that he doesn't need. He wants to own everything and rule over this planet.

This has lead to few people who have a lot more than they need and many people not having even the basic necessity of life. This has lead of everyone grabbing everything that they can lay their hands on. A mad race to own and possess. A mad race for success, power, fame and material wealth - which anyway a man is going to leave behind after his death.

A mad race to accumulate things in his life - **that which he has NO real need of.**

All his life is spent in earning, accumulating, spending and consumption. Houses, cars, electronic gizmo's, clothes, toys, etc. In order to get such things he has to lie and cheat with others.

A man waste food, money, time, etc...just for his own pleasure and enjoyment and turn his heads away from the problems of others. Living a very selfish and self centered life.

There is enough for everyone, if a man understands his own real needs and

lives accordingly. Only taking that what he needs and let the rest pass by.

If a man control his needs and live accordingly, not having any extravagance - everyone can live peacefully in this world.

Here are a few steps to follow :

- Make note of the expenses you make and remove the ones that are not needed.
- Keep a expense diary.
- Take account of things in your house and give away what you dont use or have no need for it.
- Make your life simple.
- Before you buy anything, make sure that you really need it.

A man should not try to beat others in this game, or compare his own wealth with others.

Having more than what he really needs, will lead him to a lot of anguish, frustration and problems latter in life.

A man should live a life of content, simplicity and hard work.

"First off, I'm actually perfectly well off. I live in a good-sized house, with a nice yard, with deer occasionally showing up and eating the roses (my wife likes the roses more, I like the deer more, so we don't really mind). I've got three kids, and I know I can pay for their education. What more do I need? The thing is, being a good programmer actually pays pretty well; being acknowledged as being world-class pays even better. I simply didn't need to start a commercial company. And it's just about the least interesting thing I can even imagine. I absolutely hate paperwork. I couldn't take care of employees if I tried. A company that I started would never have succeeded -- it's simply not what I'm interested in! So instead, I have a very good life, doing something that I think is really interesting, and something that I think actually matters for people, not just me. And that makes me feel good." - Linus Torvalds, creator and chief architect of the Linux kernel.

Chapter 8 : BRAIN IS JUST A TOOL

Brain of man is just a tool that is provided for survival and creation.

But a man uses his brain to :

- Making plans to fulfill his selfish desires
- Find loopholes in the system for his own exploitation and gains
- Planning and doing all the wrong acts
- Making plans of harming others
- Making plans of destruction

A man must understand that the brain is just a part of body. It is the control center of all bodily functions and thought. It is not meant for making plans for exploitation of others, neither for self enjoyment nor for ones self serving purposes.

"A knife can be used by a robber to kill a person and the same knife can be used by a doctor to save a person's life."

This is the same thing that applies for a man's brain. Either a man can use it to do wrong, or right with it.

"Who steals my purse steals trash; 'tis something, nothing; 'Twas mine, 'tis his, and has been slave to thousands. But he that filches from me my good name, robs me of that which not enriches him, and makes me poor indeed." - William Shakespeare

Doing the right thing with it - is the right and proper use of it.

Always ask these questions :

- "Whether what I am about to do is going to help others ?"
- "Whether what I am about to do is the right thing to do ?"

Doing the right things will bring a man peace and happiness and doing wrong will agitate him and others. This will lead to all sort of diseases and problems later in his life. A man must be very careful of what he thinks, says, hears, sees and does. Everything will leave a impression on him.

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal." - Albert Pike

Chapter 9 : CONSCIENCE

A man must always follow his own conscience, his inner voice.

Whenever a man is going towards wrong, his conscience will always stop him. But a man refuses to listen to it, thinking that he is more smarter.

A man's conscience is never wrong. It always shows the right path. A man must always do whatever agrees with his own conscience, judgment and common sense.

Blindly following others will lead a man into a wrong path.

A man must learn to be patient and trust his inner conscience.

A man must make his conscience his moral compass to navigate him through life.

A man can lie, cheat, deceive and fool the entire world, but its not possible for him to fool his own inner conscience. His inner conscience knows the whole truth.

"This above all: to thine own self be true." - William Shakespeare

A man can escape punishment from the courts of law using his money and power, but his conscience never forgives a wrong deed done. His own inner voice will keep hurting him for all the wrong that he has done.

"There is no pillow so soft as a clear conscience" - French proverb

When a man is in doubt he must always ask his inner conscience for guidance. It might not answer immediately, but when the time is right the answer will come. But a man should know that the question has to be a valid, real and a sensible one.

"The only tyrant I accept in this world is the 'still small voice' within" - Mahatma Gandhi

Chapter 10 : OUTER Vs. INNER

A man's outer world consists of : his family, his wife, his children, his looks, his clothes, his house, his car, his education, his job, his business, his friends, his relatives, his religion, his bank accounts, the wealth that he has stored in his bank lockers, the property he owns, his achievements, his success, his fame, the gold medals and certificates that he hangs on his house wall, the number of memorial stones on which his name has been encarved, the statues erected in his name, etc.

A man's inner world consists of : his thoughts, his ideas, his understanding, his knowledge, his experience, his principles, the way he reacts to things, the way he interprets things, his own health, etc.

The thin layer of skin being the dividing lines between a man's outer world and his inner world.

A man spends most of his time working hard for his outer world (since that is the most visible to him) and hardly giving a thought to his inner world.

A man must always remember that finally it is always the quality of his inner world that is going to matter and not the outer world.

A man can have everything in the outer world, but still be unhappy.

"All I know is that I know nothing." - Socrates

"When my sons are grown up, I would ask you, O my friends, to punish them; and trouble them, as I have troubled you, if they seem to care about riches, or anything, more than about virtue; or if they pretend to be something when they are really nothing, - then reprove them, as I have reproved you, for not caring about that for which they ought to care, and thinking that they are something when they are really nothing." - Socrates

Chapter 11 : MATERIAL WEALTH

Accumulation of money does no good.

Neither does success or winning has any real meaning.

Do not look at the possession of others.

A man who works for the betterment of society, rather than his own success is far superior and intelligent.

Getting good grades in college and using the knowledge for ones own desire and achievements is disaster.

Knowledge which does nor bring peace and happiness to self and others is not worth keeping.

***"Strive not to be a man of success, rather strive to be a man of value."
- Albert Einstein***

Knowing that success and failure is just a state of mind, one should always keep his mind steady fast in both. Neither getting happy when successful, nor becoming sad in failure - a man must not concern himself with such temporary states of mind.

Attachment to objects (houses, cars, phones, clothes, looks, fame, fortune, money, prestige, society, people etc) will lead to suffering.

A man should forget the very concept of possession and ownership.

A man cannot own anything in this world for ever. When he dies he has to leave everything behind. So he should not spend his life in the useless pursuit of acquiring things that he does not need - but rather should think of what service can he render for humanity that will serve everyone.

"I regard myself as a house-holder, leading a humble life of service and, in common with my fellow-workers, living upon the charity of friends. The life I am living is entirely very easy and very comfortable, if ease and comfort are a mental state. I have all I need without the slightest care of having to keep any personal treasures. Mine is a life full of joy in the midst of incessant work." - Mahatma Gandhi

Chapter 12 : LEARNING

Only a learned man is able to help the society in a better way.

A man must devote some time everyday to learning.

Any waste of time is very harmful.

A man should not be totally dependent on others to teach him something.

He must take a personal responsibility towards learning.

The more a man knows, the better way he will be able to serve the society.

Do not learn just to earn money, or to gain success and fame. Such selfish learning is of no use.

"Anyone who stop learning is old, whether at twenty or at eighty" - Henry Ford

Chapter 13 : FINAL THOUGHTS

A man should be unmoved in criticism or praise
Neither should he be concern with victory, nor with defeat
Neither hate nor love sways his mind
Neither does he gets dictated by emotions
Neither does he seek pleasure, nor avoids discomforts
Neither does he get angry, nor feels sad
Neither greed of money nor power can change his way
Neither does he become a slave, nor does he enslave anyone
Looks at a piece of gold and a rock with an equal eye
Never makes enemy of his fellow beings, nor makes fun of others
Corrects his own mistakes first, rather than looking at the mistakes of others
Treats others with courtesy and respect, rich or poor
Does what is right
Lives for betterment of society and others
Free of all attachments and desire
...is a happy man

Chapter 14 : THE END

This is a very short and precise guide. I have tried to keep it as simple as possible so that anyone can understand it.

Do not believe in what others say or do, or what is written in books. Always use your own common-sense above everything else. Know this to be the greatest wisdom of all.

This book is not yet finished...more refinement is needed which I hope to do it in coming years.

As always, talking and writing about things is very easy compared to actually doing them. I must confess that I myself can't even do 5% of what I have written – for the task is too very difficult, but the effort has to be made :-)

"And ye shall know the truth, and the truth shall make you free." – John 8:32

**** Where we go from here is a choice I leave to you ****